



A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY
FOR WOMEN IN GOVERNMENT

Space Coast Chapter, Kennedy Space Center, FL

May 2001

SPACE COAST CHAPTER, FEW 2000 - 2001 Officers and Committees	
President	Aneta Ott
Finance	Clara Anderson
Newsletter	Rutha Williams/Vickie Hall
NTP/RTP Planners	Connie Dobrin/Barb Powell
Nominations	Arden Belt
Parliamentarian	Carolyn Burnham
President Elect	Connie Dobrin
Seminar	Becky Fasulo
Compliance/Diversity	Sue Gaines
Webmaster	Debbie Ward
Vice President	Barb Powell
Programs/Publicity	Jean Grenville
Community Outreach	Dawn Partlow
Bylaws	Jane Eitel
Treasurer	Christy Vanasse
Membership	Patricia Leonard
Environmental	Valarie Franklin
Sunshine	Suzanne Worland
Secretary	Jane Eitel
Scholarships	Christy Vanasse
Legislation	Connie Dobrin
Historian	Carolyn Burnham
Past President	Vickie Hall
National Legal Chair	Karin Biega
NTP 2002 Chair	Clara Anderson
Regional Awards	Becky Fasulo
Regional Nominations	Jane Eitel
Regional Legislation	Vickie Hall

on the many concerns that we have with legislation and issues that are coming up in the future. Connie stays on top of the issues, and keeps us all informed. Despite the wind and the fact it was a little cool, our guest speaker Dr. Wendy Nickerson gave a terrific presentation of "Finding Yourself in the Workplace".

A special Thank You goes out to Dawn Partlow and Vickie Hall for organizing the March of Dimes walk for our Chapter. Several of our members participated and the weather cooperated. That is one of the things I love about this Chapter is it's community involvement. If you missed this opportunity, there will be a couple more opportunities coming for you to provide support to our organization, to the Kennedy Space Center and to our local community.

The Federal Women's Program Working Group has suggested that we look into presenting a special award to a KSC woman during Women's History Month each year as part of our Seminar. It was discussed during the Membership meeting and everyone was in favor of the idea. We all like the idea and suggested that it not be a member of management. Jean Rhodes is working with awards to come up with the criteria. If you have any suggestions, please get in touch with Jean.

My monthly "drop off" for Baxley will be on the 25th of May. It will be one week later than usual, because I will be off the previous week. This is such an important cause, please help in filling the cupboard so that they will have some of the personal essentials. Our monthly donations are greatly appreciated by them. Many months, they would not receive anything if it weren't for you!

Until next month, have a great May!

Aneta

PRESIDENT'S MESSAGE



What a great Membership Meeting we had on April 19th. If you missed it you really missed an informative meeting. Clara Anderson gave a presentation on "A little about Federally Employed Women and the Space Coast Chapter of "FEW". Connie Dobrin spoke

Fact of The Day

Lobsters, like Grasshoppers - feel no pain. They have a decentralized nervous system with no

cerebral cortex, which in humans, is where a reaction to painful stimuli proceeds.

MEMBERSHIP COMMITTEE

Patricia Leonard

The annual membership drive was held on April 19, 2001, at KARS II with lots of good food and great company. As a result of this drive we have two new memberships. Please join me in welcoming Sandy Shaheen and Norma Robinson. **Welcome aboard!!** We are truly glad to have you as a part of our Chapter and if anyone has any questions, call Patricia Leonard at: 321-867-8147(voice); 321-867-2097 (fax) or E-mail Patricia.Leonard-2@kmail.ksc.nasa.gov.

CHAPTER SCHOLARSHIPS

Christy Vanasse

Federally Employed Women, Inc., Space Coast Chapter, recently completed their 2001 Scholarship Campaign and will be awarding a total of \$6000 to six area high school graduates and one college student. The Scholarship Committee received thirty applications that they judged based on grade point average (minimum 3.0), essay, honors and awards, outside activities and personal references/recommendations. This year's winners are: Lindsay Parker (Astronaut High), Shivam Jadeja (Merritt Island High), Leslie Hutchinson (UCF), Meagan Quinn (Titusville High), William Snoddy (Titusville High), Nicole Bilius (Merritt Island), and Dyan Middleton (Cocoa Beach High). The chapter extends hardy congratulations and best wishes to these individuals and to all those who sent in applications.

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**Smiles for the Day**

Ten best things to say if you get caught sleeping at your desk:

- 10. "They told me at the blood bank this might happen."
- 9. "This is just a 15 minute power nap like they raved about in that time management course you sent me to."
- 8. "Whew! Guess I left the top off the white out. You probably got here just in time."

7. "I wasn't sleeping, I was meditating on the mission statement and envisioning a new paradigm."

6. "I was testing my keyboard for drool resistance."

5. "I was doing a highly specific Yoga exercise to relieve work-related stress. Do you discriminate against people who practice Yoga?"

4. "Why did you interrupt me? I had almost figured out a solution to our biggest problem."

3. "The coffee machine is broken."

2. "Someone must have put decaf in the wrong pot."

And the number one best thing to say if you get caught sleeping at your desk:

- 1. " ... in Jesus' name, Amen."

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PROGRAM COMMITTEE

Jean Grenville

The April Membership Meeting was a great success. Thank you everyone for your support! The food was great, the presentations interesting and the networking wonderful!

The May meeting will be an officer training meeting to prepare potential officers and committee chairs for the coming year in addition to our regular monthly business meeting. The meeting will be held on Monday, May 21, 2001 at the home of Jean Grenville in Merritt Island. A flyer will be distributed soon. Please attend and help present information on our offices and committees. Also, this is a great opportunity to find out what being an officer or committee chair is all about. Refreshments will be served.

Our installation dinner is tentatively scheduled for Monday, June 25, 2001. Mark your calendars now for that event. More details will be announced as plans are developed. This is always a special occasion and we hope to see many of you there.

We look forward to seeing you in the near future!



SUNSHINE
Suzanne Worland

The following members have birthdays during the month of May

Christy Vanasse	May 6
Sue Gaines	May 9
Ann Piepenbrink	May 12
Jean Lewandowski	May 14
Barbara Powell	May 27
Rutha Williams	May 30

Happy Birthday!

If you are not listed on the Birthday list, it's because we do not have your birthday in our books, please send an e-mail to Suzanne Worland with the day so that we can honor you on your special day. Suzanne.Worland-1@ksc.nasa.gov



Please continue to keep the following members in your thoughts and prayers as they deal with personal and family illnesses: Christy Vanasse, Betty Loudermilk, Carolyn Burnham, and Liz Wise.

GOVERNMENT NEWS & LEGISLATION

Connie Dobrin



OMB PROJECTS A 3.6 PERCENT PAY RAISE FOR FEDS - Based on new figures recently released by the Office of Management and Budget, it appears that federal employees may be slated to receive a 3.6 percent pay raise next year, and a 3.9 percent pay raise for each of the following four years. OMB issued the numbers in connection with an amendment to OMB Circular A-76, which sets out the procedure agencies must use when deciding whether to contract out federal jobs. Agencies use OMB's pay raise figures to compute the cost of keeping the work "in-house," or being performed by federal employees instead of contractors. The amendment can be found in the March 14th Federal Register.

CONGRESSMAN CALLS FOR FREEZE IN CONTRACTING - Concerned that federal dollars are

being wasted contracting out services that could be performed for less money by federal employees, Rep. Albert Wynn (D-Maryland) has reintroduced a bill this session that would freeze federal jobs being contracted out until agencies can substantiate that the move will save taxpayers money. The bill introduced during this Congressional session is H.R. 721. It has been co-sponsored by more than 100 representatives. Last year, Rep. Wynn introduced a similar bill that received the support of more than 200 co-sponsors, but did not make much progress. Several federal employee groups and unions - such as the American Federation of Government Employees (AFGE) and the Federal Managers Association (FMA) - strongly support the legislation.

BUSH BUDGET TO REMOVE FEHBP CONTRACEPTIVE COVERAGE

- The proposed budget submitted to Congress by President Bush contains an item that has several groups up in arms - specifically; it proposes to repeal a 1998 provision requiring health insurance companies participating in the Federal Employees Health Benefits Program (FEHBP) to offer coverage for several different kinds of prescription contraceptives. Currently, health plans under the FEHBP must cover five kinds of contraceptives - Norplant, the Pill, Depo-Provera, the IUD, and the diaphragm. Under the Bush proposal, insurance companies would no longer have to cover these contraceptives. Even if the proposal is enacted, however, OPM officials have stated that insurance companies under the FEHBP would likely continue to cover one or more of the methods. The Bush proposal has met with some serious opposition from some on Capitol Hill, notably from Sen. Olympia Snowe (R-Maine) and Rep. Nina Lowey (D-New York), who have vowed to fight the measure.

GOVERNMENT MAY PICK UP LARGER PORTION OF FEHBP PREMIUMS

- Under a bill introduced by Representative Steny Hoyer (D-Maryland), the federal government would pay a larger portion of federal employees' health insurance premiums. Currently, the federal government pays an average of between 72 and 75 percent of the premium cost, with employees paying the remainder. If H.R. 1307 becomes law, however, the government-paid portion would increase, so that the federal government would pay 80 percent of the health insurance premium cost. Two factors driving the legislation are the significant annual increases in the cost of Federal Employee Health Benefit Program (FEHBP) premiums, and the need to make federal employees' pay and benefits packages competitive for recruitment purposes. FEHBP health insurance premiums have risen more than 9 percent each year since 1999.

DOD CONTRACTORS OUTNUMBER CIVILIAN WORKERS - The Department of Defense reported to Congress last month that it previously underestimated the size of its contractor workforce. In fact, DoD says, in 1999 it had the equivalent of 734,000 contract workers performing services. Last August, DoD advised Congress that it estimated approximately 476,000 contractor personnel provided it with services in 1999. The larger, more accurate figure is the result of improvements in data collection and methodology. With 640,000 DoD civilian employees, the department now has more service contract workers than it does employees.

C Fund Posts Worst 12-Month Showing in its History - The most recent 12-month count of returns in the Thrift Savings Plan's common stock (C) fund was the worst since the fund's inception in 1988, showing a 21.63 percent loss in that period after the fund dropped 6.33 percent in March. The C fund has suffered eight losing months in the last 12. The most recent 12-month accounting was down significantly from the previous 12-month accounting (an 8.19 percent loss) in part because the March loss included in the latest count replaced the 9.74 percent gain of March 2000 that was in the previous accounting. Meanwhile, the bond (F) fund gained 0.51 percent last month for a 12-month gain of 12.61 percent while the government securities (G) fund gained 0.45 percent for a 12-month gain of 6.09 percent.

PUBLIC SERVICE RECOGNITION WEEK COMING SOON! - Mark your calendars for May 10-13, 2001 - those are the dates for this year's Public Service Recognition Week. Sponsored by the Public Employees Roundtable (PER), the four-day event will feature more than 100 government agencies, non-profit organizations, and private companies all celebrating public employees' innovation and dedication. Participants will be entertained by marching bands, jazz combos, and barbershop quartets. Kids can meet Smokey the Bear, climb aboard an F-16, and take home free coloring posters, maps, and puzzles. Government workers will be on hand to answer questions about what they do and why they chose public service careers. The main event will be held on the Mall in Washington, D.C. For more information, go to PER's website at <http://www.theroundtable.org>.

More Women, Minorities Found in SES - The General Accounting Office has reported that more women and minorities were in the career Senior Executive Service during the 1990s. This occurred during a period of more downsizing across the government. The career SES ranged in size from

7,583 members in 1992 to 6,183 in 1998, the GAO found. But the proportion of women went from 9.5 percent in 1990 to 21.8 percent in 1999. Minorities grew from 7.4 percent to 13 percent over the same time. Due to retirements and replacement, the dominant position of white males in the ranks of the SES diminished proportionally, from 84 percent in 1990 to 69 percent in 1999. The number of women grew from 626 in 1990 to 1,352 in 1999, and the number of minorities increased from 487 to 807, according to the report. It said African Americans increased from 4.6 percent to 7.8 percent of the career SES during the 1990s. In addition, the number of Native Americans increased from 0.6 percent to 1.1 percent. The proportions of Asian Americans and Hispanics over the period studied were slightly more than the percentage of Native Americans. At the same time, the numbers of white women increased from 8.2 percent to 17.6 percent during the 1990s. African American women grew from just under 1 percent to 2.7 percent.

IF YOU LOSE YOUR PURSE OR WALLET **Article Submitted by Debbie Ward**

We've all heard horror stories about fraud that's committed using your name, address, SS#, etc. Unfortunately I have first hand knowledge, because my wallet was stolen last month and within a week they'd ordered an expensive monthly cell phone package, applied for a VISA credit card had a credit line approved to buy a Gateway computer, received a PIN number from DMV to change my driving record info online, and more. Here's some critical info, to limit the damage in case this happens to you or someone you know.

As everyone always advises, cancel your credit cards immediately, but the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them easily (having to hunt for them is additional stress you WON'T need at that point!).

File a police report immediately in the jurisdiction where it was stolen, this proves to credit providers you were diligent, and is a first step toward an investigation (if there ever is one).

But here's what is perhaps most important: Call the three national credit reporting organizations immediately to place a fraud alert on your name and SS#. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name. The alert means any company that checks your credit knows your info was stolen and they have to contact you by phone to authorize new credit.

By the time I was advised to do this [almost 2 weeks after the theft all the damage had been done (there are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert). Since then, no additional damage has been done, and the thieves threw my wallet away this weekend (someone turned it in). It seems to have stopped them in their tracks.

The numbers are:
Equifax 1-800 525-6285
Experian (formerly TRW) 1-800-301-7195
Trans Union 1-800-680-7289
Social Security Administration also has a fraud line at 1-800-269-0271

Word of the Day

Homage

Pronunciation: /HOM-ij/

n : honor or respect displayed publicly

"We should pay homage to the President, even if we don't agree with his politics."

COMMUNITY OUTREACH

Dawn Partlow

We have just concluded the March of Dimes WalkAmerica on Saturday, April 28, 2001 at Lori Wilson Park, Cocoa Beach. The FEW team had 13 walkers present! And what an enjoyable walk it was.

The March of Dimes sponsors several events each year to raise monies in support of the March of Dimes. These funds help support the March of Dimes in research to save babies born prematurely and babies

who struggle just to stay alive. Our team goal was to raise \$500. We did just that and more. The team raised \$1558 because of contributions from you and others like you.

A great job to everyone that participated -- and -- thanks to all of you that made it possible.

NOMINATIONS AND ELECTIONS **COMMITTEE** **Arden Belt**

The following names have been placed on the slate for the year 2001-02. The nominations will be open until May 16th. If you are willing to serve as an Officer or on the Nominating Committee, please contact Arden Belt, 867-2201 or Lee Furis, 867-4345.

President	Connie Dobrin
President-elect	Barbara Powell
Vice President	Christy Vanesse Dawn Partlow
Secretary	Suzanne Worland
Treasurer	Debbie Ward
Nominations Committee	Arden Belt Lee Furis Charlotte Becker

And Thanks to all of the above for agreeing to serve our Chapter. Ballots will be mailed to members after May 16, 2001. Remember it's our right to vote even if it is just our Space Coast Chapter elections!

MEMBER OF THE YEAR AND **DISTINGUISHED SERVICE AWARDS** **Suzanne Worland**

It's time to submit nominations for this year's Chapter Member of the Year and Distinguished Service Awards. A plaque honoring the recipients of these awards will be presented at the Annual Installation of Officers and Awards dinner. Additionally, the recipient of the Member of the Year Award will be sent by the Chapter to attend the National Training program in Indianapolis in July.

Our Chapter and the Kennedy Space Center community have lots of individuals worthy of these awards, so please take the time to nominate a deserving individual. Any Chapter member(s) may submit nominations. All nominations should be submitted to Suzanne Worland at 721B-L100 or email Suzanne.Worland-1@ksc.nasa.gov no later than May 18, 2001. For further information contact Suzanne Worland, 383-2918.

Thank you for taking the time to acknowledge the efforts of others.

Quote of the Day

"We all must live our lives always feeling, always thinking the moment has arrived."

- Tracy Chapman

2002 FEW National Training Program **(NTP)** **Clara Anderson**

The 2002 NTP Team has been busy this past month. We have a contract with the Sheraton World Hotel (just south of the Beeline on I-Drive) to provide 600 overflow hotel rooms. Patt Franc, the Chair of the NTP Advisory Team (NAT), negotiated a good deal for us. We have forwarded our recommendation for the exhibit decorator contract to the NAT and are awaiting approval from the FEW President. All we need to complete our Exhibit, Advertisement and Sponsorship book is the layout for the exhibit space. The Statement of Work for the Registration Service contract went to the NAT in March. We are waiting for comments before proceeding to the next step, which will be submitting our own proposal to carry out the registration services. Ann Gary and I met with the graphics folks to specify all the graphic requirements for print, such as the Registration Book, Program Book, etc. Most aren't due until next year, but since we are using the same theme for all the covers, it was easier to work them all now and be through with that requirement. The Southeast Region will put on a skit at the 2001 NTP in July in Indianapolis to encourage attendance at our NTP. We have promotional videos from the Space Center and Orlando, which we are adapting to use in our skit. We plan to follow the video with a theme parade with characters from Disney, Universal, Sea World, and perhaps Cypress Gardens. The skit is still in the planning stages, but I think we can really have fun with it. If you haven't yet volunteered to help, please contact me there are many, many things that need to be done.

Remember, the FEW National Executive Committee will meet May 25 and 26 at the Rosen Hotel in Orlando. This will give our Executive committee a chance to view the site of the 2002 NTP. All members of the Space Coast Chapter are invited to attend the meeting and check out the hotel too. As soon as I receive an agenda, I'll share it with you all.

ARE YOU A CARROT, AN EGG, OR A **COFFEE BEAN?**

Submitted by Becky Fasulo

A daughter complained to her father about her life and how things were so hard for her. She did not see how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved a new one arose.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Soon the pots came to a boil.

In one he placed carrots, in the second he placed eggs, and the last he placed ground coffee beans. He let them sit and boil, without saying a word. The daughter sucked her teeth and impatiently waited, wondering what he was doing.

In about twenty minutes he turned off the burners. He fished the carrots out and placed them in a bowl. He pulled the eggs out and placed them a bowl. Then he ladled the coffee out and placed it in a bowl.

Turning to her he asked, "Darling, what do you see?" She replied, "Carrots, eggs, and coffee. He brought her closer and asked her to feel the carrots. She did and noted that they were soft.

He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, he asked her to sip the coffee. She smiled, as she tasted its rich aroma.

She humbly asked, "What does it mean Father?" He explained that each of them had faced the same adversity, boiling water, but each reacted differently.

The carrot went in strong, hard, and unrelenting. But after they were in the boiling water they became soft, weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique however. After they were in the boiling water, they had changed the water.

"Which are you?," he asked his daughter.

When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean? How about it?

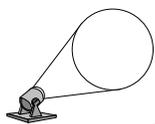
Are you the carrot that seems hard, but with pain and adversity do you wilt and become soft and lose your strength?

Are you the egg, which starts off with a malleable heart? Were you a fluid spirit, but after a death, a breakup, a divorce, or a layoff have you become hardened and stiff. Your shell looks the same, but are you bitter and tough with a stiff spirit and heart?

Or are you like the coffee bean? The bean changes the hot water, the thing that is bringing the pain, to its peak flavor reaches 212 degrees Fahrenheit. When the water gets the hottest, it just tastes better.

If you are like the bean, when things are at their worst, you get better and make things better around you. How do you handle adversity?

Are you a carrot, an egg, or a coffee bean?



MEMBER SPOTLIGHT **Barbara Powell**

Hi all. My name is Barbara Powell, and I been a member of FEW coming up on four years. In that short amount of time I've chaired the Annual Training Program (ATP) twice. It's very interesting to hear how a newcomer to the organization, in an effort to get involved, falls right into the middle of the preparations for the ATP. You see, I volunteered to be the co-chair. How was I to know that the Chairperson would get a job offer out of the state, and move away immediately. The second year was my punishment for all of the things that I didn't do right the first time. No, not really, as a matter of fact I volunteered, because the support group of the organization is so good that they run the show. This past year I was the Exhibitor's Coordinator for the ATP, and I've supported our President as her 2nd Vice President. For the National Training Program in Orlando in 2002, I'm chairing the Facilities and Support Services Committee, and I'm working with a fantastic group of women.

Getting back to my humble beginning, even though I've lived in Florida for 41 years, I am still a "Damn Yankee from Pennsylvania". My Dad, who is 89 years old still lives there, and if I didn't live in Florida, he would never ever have any reason to come here.

As for my educational background, I've been going to school most of my life on-and-off. I graduated in 1956 from Waynesboro Area Senior High School. My 45th Class Reunion is coming up this summer, and I'm going. The attendees will probably be white, gray, or bald headed, fat, and totally unrecognizable. I'm

working on my suntan; don't want to look like one of those northerners.

Moving right along, when my youngest daughter Patti, walked in the door of Saturn Element School in Cocoa, I went along. I worked as the Library Assistant part-time, and started attending classes at Brevard Community College. I received my AA Degree August 4, 1974. The same day that Richard Nixon left office. On January 3, 2000, I started in the accelerated program with Warner Southern College, and on January 13, 2001, I walked down the aisle to receive my Bachelors of Arts Degree. Never too old, or too late in life, to get an education. Have toyed with the idea of getting a Master's. Who knows!!!!

I began my Government career in 1956 as a GS-2 Procurement Clerk, at Letterkenny Ordnance Depot, in Chambersburg, PA. Starting salary was \$2,960.00 per year. I retired (took maternity leave) from Government service in 1960. I returned to Government duty in 1975, and worked as the Secretary for 18 Quality Assurance Representatives at the McDonnell Douglas plant in Titusville. I stayed there until the Dragon Missile Program ended, and then my position was relocated to the DCASMA Office in Orlando. I drove back and forth to Orlando for 18 months before getting the position as a GS-4, temporary Procurement Clerk, in the KSC Procurement Office. That was 1979, two years before Columbia was launched. After I gained my permanent status, I applied for the Step Program, and the rest is history. Now I'm a Contract Specialist in the Procurement Office, but I've had some side trips along the way. I spent one year in the Equal Opportunity Office, as the Federally Employed Women's Program Manager, and for 10 years I assisted the Small Business Specialist, in the Central Industry Assistance Office. In March 2001, I received my 30-year plaque, and emerald pin.

Retirement is just around the corner in a couple of years. Ed and I were married in 1957, and together we had "Beth", "Jeff", and "Patti". On September 18, 1998, we adopted our grandsons, Christopher and Michael. The adoption made the boys a brother to their aunts, and their natural father was now their brother. In addition to Chris and Michael there are 6 other grandchildren, all highly intelligent. Ed and I were divorced on August 17, 1999. My hobbies are sewing, reading, needlepoint, cross-stitch, knitting, crafty things, flower arranging, learning to snow ski with the family, building gingerbread houses, and coloring Easter eggs with the grandchildren. My aspirations: Inherit my Dad's longevity, be a friend to all I meet, do a good job at all I attempt, retire with good health, be supportive to my family and stand as a role model, and make worthwhile contributions to my community.

HEALTH CORNER
Submitted by Vickie Hall

Let's say it's 6:15 p.m. and you're driving home (alone of course), after an unusually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home, unfortunately you don't know if you'll be able to make it that far. What can you do? You've been trained in CPR but the guy [-] that taught the course neglected to tell you how to perform it on yourself.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE: Since many people are alone when they suffer a heart attack, this article seemed in order. Without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without letting up until help arrives, or until the heart is to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this - it could save their lives!

From Health Cares, Rochester General Hospital
via Chapter 240's Newsletter
AND THE BEAT GOES ON (reprint from The
Mended Hearts, Inc.[-] publication, Heart
Response)

CALENDAR OF EVENTS

May

- 1 NTP 2002 Board Meeting, Hqs., 1460, 4 pm
- 2 STS-100 Shuttle Landing, EAFB, CA
- 1-4 38th Space Congress, Radisson, Cape Canaveral
- 3 National Day of Prayer, KSC Trng Auditorium
- 13 Mother's Day
- 15&16 National Employee Health & Fitness Days @ KSC
- 14 Nominations Close for Space Coast 2001-2002 Officer Elections
- 15 Asian American & Pacific Islanders Luncheon, KSC Trng Auditorium, 11 am
- 16 Nominations Close for Space Coast Member of the Year and Distinguished Service Awards
- 17 New Officer Training at Jean Grenville's
- 25-26 FEW National Executive Board Meeting, Orlando
- 18 Memorial Day

June

- 19 Pegasus XL Launch, CCAFS
- 20 Flag Day
- 14 STS-104 Shuttle Launch, 4:15 pm
- 17 Father's Day
- 25 Installation & Awards Dinner, Doubletree, CB
- 25 STS-104 Shuttle Landing, KSC, 12:30 pm

SPACE COAST CHAPTER NEWSLETTER

Rutha Williams



This monthly publication is a means of sharing information and ideas, please send news articles or items of interest for this Newsletter to Rutha Williams at QA-D or e-mail Rutha.Williams-1@kmail.ksc.nasa.gov

Please feel free to share this Newsletter with your friends. And for anyone interested, a Membership Application is attached as the last page.

FEDERALLY EMPLOYED WOMEN, INC.
Space Coast Chapter
Membership Application

New Applicant		Renewal		Previous Member		Change of Membership Info			
Name									
Home Address				Membership Number		Birth Date			
City, State, Zip									
Home Phone									
Agency/Company									
Mail Code/Address									
City, State, Zip									
Work Phone				E-mail Address					
If interested in serving as a Chapter Officer, please indicate which office									
President		President Elect		Vice President		Secretary		Treasurer	
METHOD OF PAYMENT									
Total Amount Due: see schedule below									
Cash or Check		Check No.		Credit Card		Visa		Master Card	
Card Number				Expiration Date (MM/YY)					
Print Cardholders Name (as it appears on card)				Signature (Credit Cards Only)					

Please place an X by the month dues are paid and pay the indicated amount.

	Month	Amount Due		Month	Amount Due		Month	Amount Due
	February	\$30.00		March	\$28.00		April	\$26.00
	May	\$24.00		June	\$22.00		July	\$20.00
	August	\$17.00		September	\$15.00		October	\$13.00
	November	\$11.00		December	\$9.00		January	\$7.00

The following information is requested by the National Office for statistics only.

Position/Title: _____ **Series/Grade:** _____

Circle One: SES GM GS WG Military Other

Circle if Applicable: FWP Full-time FWP Part-time EEO

Demographics

Sex [F/M]: _____ **Race:** _____ **Years of Service:** _____ **Retired [Y/N]:** _____

Membership dues are to be paid February 1 st of each year. However there is a pro-rated fee schedule for those joining after March 1 st . Please contact the Membership Chairperson, Patricia Leonard, 867-8147, XA-D1, if you have questions concerning your dues. <div style="text-align: right; font-size: small;">Form Revised (05/01)</div>
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